



# GURU NANAK

*(For Children)*



The Sikh Missionary Society, UK (Regd)





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(For Children)

G.S. SIDHU  
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THE SIKH MISSIONARY SOCIETY (U.K.) REGD.  
U.K.





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*Dedicated to  
Guru Nanak's  
550<sup>th</sup> Parkash Utsav  
celebrations in 2019*

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# **PREFACE TO THE FIRST EDITION**

This book is the first in a series of books to be published in due course of time. The plan is to present the lives and teachings of the Sikh Gurus to the children of all ages. Every year we intend to bring out one book in the proposed series. The authors, as school teachers, have felt very strongly that our younger generation, in English schools and at home, is being totally starved of even a basic knowledge about the Sikh Gurus and the culture from which we have sprung. It is a sad fact that we are not providing any Sikh literature for our children. This negligence on our part may well result in an abhorrence of their moral and cultural heritage and total religious bankruptcy when they grow up.

This book is the first of its kind, introducing Guru Nanak to the younger generation in Britain and elsewhere, where children earn and speak only English and are exposed to undesirable outside influence. The Narratives in this book are primarily meant for children of 7 to 9 years of age and have been carefully kept within the vocabulary range of that age group. We have tried to avoid the use of difficult words as far as possible.

The whole cost of production is borne by the writers of the book themselves and some intimate friends. The book is being distributed free of cost. It is our firm belief that the munificent Sikh Sangat will approve this venture and come out to help us in this noble cause with generous and liberal donations so that the continuity of the series is maintained. If every Sikh child gets the opportunity to obtain a copy of this book and reads it through, the authors will feel amply rewarded for their hard work in producing it.

Any suggestions for improvement of the present volume and assistance in the production of the coming series, from whatever source it comes, will be greatly appreciated.

80 Medhurst Gardens  
Gravesend (Kent)  
England.

12th September, 1969

G.S. SIDHU  
G. S. SIVIA  
KIRPAL SINGH RAI



# FOREWORD

*Guru Nanak (for Children)* was first published in October 1969 by its co-authors G.S. Sidhu, G.S. Sivia and Kirpal Singh Rai. The 5,000 copies of the first Edition were distributed free to mark the 500th birthday of Guru Nanak, the founder of Sikhism. This book proved to be the spark which lighted the torch of enthusiasm amongst the zealous and devoted Sikhs. The foundation of the Sikh Missionary Society was thus laid.

The demand for the book has been so great that by now its second edition to sixth edition (35,000 copies, up till July 1996), have all been distributed free to the children not only all over in Great Britain but also in the United States, Canada, Australia and Europe. The need and usefulness of this book is evident from ever increasing demand for it from teachers and children, not only of age range 7-9 for which it was initially written, but also by secondary school pupils of age group 11-16 who find the material very helpful towards their projects on Sikhism. It has brought about awareness of Sikhism in a practical way.

It is our foremost duty to make available to our younger generation the teachings of our great Gurus in the English medium which they all understand and are obliged to use in schools. Moreover, we must also provide an opportunity to the Western readers who would like to be better informed about our religious beliefs and way of life. This has been achieved to an extent by the co-authors of this book containing stories relating to the great Master written in a simple but interesting and lucid manner.

We have been so inspired by the response of the readers that we are bringing out the seventh edition of this book. Since September 1969 when we first embarked on this venture we have been able to publish twenty six similar booklets on various aspects of Sikhism. (The publication list appears on back of the title page).

I would like to take this opportunity to express my sincere thanks and gratitude to our members, sympathizers and the SANGAT who have very generously contributed towards the cost of the publications and I am fully confident of their continuous and unswerving support.

HARCHARAN SINGH DUA  
The Sikh Missionary Society (U.K.)



## **PREFACE TO THE NINTH EDITION**

This small book about Guru Nanak – the first publication by the Sikh Missionary Society UK in 1969 has a special significance in 2019 being the 50th anniversary of the Sikh Missionary Society and also the 550th Parkash Utsav of Guru Nanak Dev Ji – the founder of Sikh religion. The book very briefly gives Guru Nanak's message that all human beings are equal. One is high or low due to his good or bad deeds. He said there is only one God-omnipotent, omniscient, omnipresent who never takes birth or dies. He gave the message of worshipping only one God and not to believe in idol worship, false rituals and superstitions. He said one should lead a truthful life, do honest earnings and share with the needy. The book will help the reader to get some knowledge about the Sikh tenets.

**HARCHARAN SINGH TAUNQUE M.A.**

*Hon. General Secretary*

**1st January 2019**



## ***Mother with Baby***



***"Here am I, composed of the five elements.  
And Nanak is my name."***

***—Guru Nanak***



# THE BIRTH OF A STAR

Many men have lived on this earth. We remember some of them, but many of them we don't remember at all. Great men give us great thoughts, so we remember them. We feel elated when a day like festival of lights DIWALI comes. The Sikhs have another day to celebrate. This important day falls in October/November every year. They call it GURPURB. It is the day when another great man was born. His name was Nanak. The Sikhs call him Guru. A Guru is the wisest man, who loves everyone and tells us about God.

Guru Nanak was born (in 1469 A.D.) in a small village named Talwandi. The village is now called Nankana Sahib after the Guru and is now in Pakistan. Nankana means Nanak's village. The Guru's father Mr. Kalu was an officer and was known far and near. He was a kind man and everybody loved him. His Mother was Tripta Devi. She lived a simple life and was very kind to the poor. She always remembered God.

Guru Nanak was the second child in the family. The first child in the family was his sister Bibi Nanaki. On the day of the Guru's birth, she was at home with her father. When the child was born, the nurse, named Daultan, came running to tell the news. She looked sad and frightened.

"What is the matter Daultan? Why are you so sad?" asked Mr Kalu.

"O sir, I am not sad, I am pleased to tell you that you have got a very handsome son in your family" replied Daultan.

"But you do look sad Daultan. What's wrong with the child?" asked Mr Kalu once again.

"Nothing's wrong with the child sir, but I have seen something very strange which I never saw before," said Daultan.

"What's that?" asked Mr Kalu in surprise. He looked upset too.

"Children cry when they are born, sir," said Daultan. "But this child did not cry. He simply smiled."

"There must be something wrong with the child then," said the father. "What should I do?"

"How should I know sir? I have never seen this happen before. But the most wonderful thing is the light," said Daultan, looking all the more surprised.

"Light? What light?" asked Mr. Kalu.

Daultan said, "I don't know whether it is good or bad sir, but I saw a dazzling light when the child was born. The light shone round his head like a star."

Mr. Kalu was worried, so he ran to Mr. Hardy. Hardy was a Brahmin. At once he came with Mr. Kalu to see the strange child. He asked Daultan many questions and also saw the child. He thought for a time and then said, "Mr Kalu, you are very lucky to have this child. When he grows up, he will be a great man. He may be a king or a Guru."

On hearing these words Bibi Nanaki was very pleased and she said, "I am sure, father, he won't be a king."

"Keep quiet Nanaki," said the father, "Don't you want to see your brother a king?"

"I would love to," said Nanaki, "But father, believe it or not, my dear little brother will never be a king. He will be a Guru. He will love everybody and give great ideas to the world. He will be a friend to all. People will remember him for a very long time. They will call him the Guru."

Mr. Kalu, Hardy and Daultan were all amazed at Nanaki's words.

Bibi Nanaki's words came true. The child grew up to be a very wise man. We still remember him. We still enjoy his great thoughts. This great man taught us to love everybody, black or white, rich or poor, man or woman. He said, "God is one, and we are all His children. So we are brothers and sisters in one family. God is our father. He loves us only if we love one another. If we do not love one another, our father God, is not pleased with us." Let us all try to do what this great man has asked us to do. Let us play, sing, eat and dance together. Let us love one another as much as we can.

*"Come, O Sisters, let us embrace as friends.  
Let us relate our stories and talk about God."*

—Guru Nanak



## A SURPRISE FOR EVERYONE

When Guru Nanak was seven years old, he was sent to a school. He liked to read, write and think. Very soon he learnt a lot and surprised his teacher. But more than his books he liked to sit down and think about God. He would sit down, close his eyes and say nothing. His friends also joined him. The teacher liked them to read books but they had only God on their lips. The teacher told this to the Guru's father. He thought that the Guru did not like going to school. So he did not send him to school any more. The Guru was happy. He had now made friends with many boys and all of them sang hymns in the streets.

In Hindu families when a child becomes 9 or 10 years old they do a thread (*Janeu*) ceremony. To perform this ceremony Guru Nanak's father called Pandit Hardyal and invited all close relatives and friends. Pandit Hardyal after some worship and reciting some Mantras tried to put a thread around Guru Nanak's body. Guru Ji stopped his hand and asked, "Why are you putting this thread around my body? What benefit will it do to me?" Pandit replied, "It is a symbol of high caste. This thread will help you in the next world. The wearer of this thread can perform all religious ceremonies." Guru Nanak said, "How can this thread help in this world or the next? When it can become dirty, it could be broken and it will burn along with the body after death. This thread cannot accompany the soul to the next world."

"If you have a thread that makes the wearer compassionate, contended and truthful in his dealings, I am ready to wear it. Such a thread will not be broken, soiled or burnt along with the body. This true thread can go with the soul to the next world."

The Brahmin Pandit said, "I have not got such a thread." Everybody was amazed by Guru Nanak's reply and refusal from wearing the thread. They tried hard to convince Guru to wear the thread but Guru Nanak insisted only to wear the true thread.



## ***Guru Nanak and the Snake***



***“Oh Nanak, God's name has magic.  
Those that hear, death do not fear.  
Their sorrows end, and sins disappear.”***

***—Guru Nanak***



Guru Nanak told them only love for God and good deeds in this world can help you in the next world. Only love for God and love for His creation and truthful living can make one of high caste.

The Brahmin and the Guru's father were very angry. They did not like the Guru's questions. They thought that the Guru did not want to be wise. So the Guru's father asked him to be a cowherd. Guru Nanak agreed. Everyday he took the cattle out into the fields. The cattle liked the green grass but the Guru liked to think about God. He would sit down under a tree and forget all about the cattle.

One day the Guru thought about God for a very long time. He was tired. So he fell asleep under a tree. The cattle went into a cornfield. They ate up a lot of corn and all the plants were destroyed. The Guru did not know this and was still sleeping when the farmer came up. He was very angry to see his crops eaten up. He took the cattle away and told the police. The police went to tell the Guru's father. Many people went with them. The police chief was Mr. Rai Bular. He took Kalu and the farmer to the fields. All the people followed them. They reached the farmer's field. The field was as green as ever and not a plant was broken. Everybody was surprised. The farmer thought it was magic. They were all wondering when Rai Bular said, "But where's the boy?"

Everybody began to look for the Guru. They sought him here, there and everywhere. But they could not find him. The sun was very hot and they were tired. So they thought of taking some rest under a tree. They were even more surprised to find the Guru sleeping there. The shade of the tree had moved round away from him but a snake was giving shade to the Guru's face. Everybody prayed for the Guru's life. They were very afraid. Their noise made the Guru wake up. The snake slipped away and the Guru got up. All came back to the village. From that day many people began to think that Nanak was 'a man of God.'

## LOVE ALL, HELP ALL

Guru Nanak was about sixteen. He loved everybody and liked to help everyone. He made friends with many boys of his age. Two of his friends were Bala and Mardana. Bala was a Hindu and Mardana was a Muslim. The three friends loved one another very much. They called one another Bhai (Brother). They always sang the Guru's hymns and played together. Mardana was a good singer and Guru loved him very much. Mardana had his art of singing from his father Badra Dhaddi. He was ten years older than Guru Nanak and they were lifelong friends said Guru Nanak, "There's no Hindu and no Muslim, we are all brothers."

The Guru's father was all the more angry with him because he always gave away his clothes, books, shoes and money to the poor boys. He even gave away his food to the hungry people. He always liked to listen to the wise men and saints. Sometimes he prayed to God with his friends for long periods of time and was late for home. His sister, Nanaki was very kind to him but his father and mother were unhappy. They were thinking of finding some work for the Guru.

At last one day the Guru's father found work for the Guru. He gave him twenty rupees. It was a great sum of money in those days. He asked him to go to some city and do some trading. When we buy things for less money and sell them for more money we call it trade. The Guru agreed. His father was very happy. He thought that Nanak would learn the trade and become a rich man. He would have beautiful clothes, a good house, rich food to eat and a number of servants.

The Guru and his friends Bala and Mardana set out on their journey. They had to travel on foot. They went from village to village. In every village they asked the people to live like brothers. They asked them to think of God and help one another. After a few days they reached a jungle where they saw about twenty good men. They were saints who were praying to God.

## ***Feeding the Hungry Saints***



***"It is through actions that some come near God  
And some wander away."***

***"Words do not a Saint or Sinner make.  
Actions alone is written in the book of fate."***

***—Guru Nanak***



But almost all of them looked very thin and weak. The Guru and his friends stayed to talk with them. They prayed together and talked a lot. The Guru came to know that all the saints were hungry. They needed food but they had no money. The saints did not ask for food but the Guru did not like to see them hungry.

At once he put his hand in his pocket. He could feel the twenty hard coins. He began to think about the hungry people and about trading.

He thought for some time. He remembered what he had told the villagers to do, "Help all, love all," he cried in a loud voice. His friends looked at him in surprise, but the Guru said, "Dear friends, what other trade can be better than helping these hungry men? Let us go and buy food with this money for our hungry brothers." So the three friends went back to the nearest town. They bought food and milk. Then they brought it to the jungle and served it to the hungry men. The saints enjoyed the food very much. They thanked the Guru a lot.

Now the Guru had no money in his pocket. He could not trade without money. So he and his friends went back to their village. The Guru's father was very happy to see his son back. He thought Nanak had made a lot of money by trade. He called him to his side and asked, "Did you do any trade?"

"Yes father, I did the best trade I could," replied Nanak.

"How much money did you earn?" asked his father.

"Not a penny," answered the Guru.

His father was very angry and surprised at these words.

"Don't be a fool. Tell me, what did you do with the money?" said his father, red with anger.

"I spent the money to feed twenty hungry men. What other trade can be better than this, dear father?" said the Guru.

The Guru's father was so angry that he slapped the Guru very hard. The Guru only said, "Father, you don't know what God wants me to do." Once again the Guru's father was left thinking about his son.

## NO HINDU AND NO MUSLIM

Guru Nanak was always thinking about God. Neither looking after cattle nor trade interested him much. So his father was very sad. He thought of his marriage, so Nanak was married when he was 18 years old. A large number of friends and relatives were present and there were grand feasts. Everybody was happy there. Nanak's father and mother were very happy to have their daughter-in-law in the house.

Nanak and his wife lived together. They were happy. After some years they had two sons. Guru Nanak used to spend most of his time in thinking about God and helping the poor. His father thought him idle and was not happy at all. So he made a plan to send Nanak to Sultanpur. Nanak's only sister, Bibi Nanaki, lived there. Her husband was an officer. Nanaki was very happy to see her brother at Sultanpur. After some time Nanak started work as a store keeper. He worked hard. Everybody liked him. The common people loved him. His family also joined him there. Everything looked fine and his father was happy.

Guru Nank would spend his mornings and evenings in singing hymns. Both the Hindus and the Muslims came to him. They liked his teaching. Nanak would get up early in the morning, go out to bathe in the river and pray to God.

One day he went out to bathe in the river as usual. He did not come back. His friends went out to find him. Everybody in the house was upset. They couldn't find him anywhere. Another day passed but still Nanak had not come back. Some people thought he must have drowned in the river. So nothing could be done. But Nanak's sister could not believe that. She was sure Nanak would come back because he still had a lot to do for all men on this earth. At last, after three days, Guru Nanak appeared. He was sitting outside on the village common. Everybody was surprised and people ran to see him. Nanak sat

alone. He was very quiet. Nanak's wife, his parents and friends were very happy. Their eyes were wet with tears of joy. Soon there was a big crowd of people. An old man came out and asked, "Where have you been all these days, Nanak?"

"Nowhere. Here. I was with God. Now I have to do a lot of work," said Guru Nanak.

"A lot of work! For whom? For the Hindus or the Muslims?", asked the man.

"For none of them. There is no Hindu and no Muslim", replied Nanak.

"What! No Hindu and no Musalman? Aren't we Muslims? We say our *Namaz* (Prayer) five times a day don't we?" asked the old man angrily.

"I am afraid you are wrong. You think yourselves as Hindus and Muslims first and last. You forget that you are men first and something else afterwards. We are the sons of the one GOD. We are all brothers. So there is no Hindu and no Muslim," said Nanak.

"If you think so, are you ready to join us for prayer in the Mosque?" asked the man.

"Yes, gladly. I am always ready to pray to God," replied Nanak.

So they went to the Mosque (Muslim church) and all the people went with them. In the mosque Daulat Khan, the chief of Sultanpur was also present. He was happy to see Nanak there and thought that Nanak had become a Muslim. The prayer started. All bowed and said words of prayer. But Nanak stood silent and only watched what they were doing. After the prayer, Daulat Khan asked Nanak angrily, "Why did you not follow us in the prayer? You were simply standing and doing nothing."

"Ah, certainly I wanted to join the prayer but I found nobody in the mosque here," said Nanak.

"No, you are lying. Couldn't you see the crowd of people here?" said Daulat Khan.



"Certainly your bodies were here but your minds were far, far away. You were buying horses in Arabia far away from this prayer carpet. How then could I join you?" said Nanak with a smile.

Daulat Khan was surprised that Nanak could know what he was thinking at the time of prayer. Guru Nanak said, "Words alone do not make a prayer. A prayer should come right from the heart. I am always ready to join such a prayer." At this Daulat Khan bowed before the Guru and promised to offer his prayers from the heart. All the people there accepted the Guru's way.

*"When a man wants to become a Hindu, they put a thread of cotton around his neck. But if, after this, his actions are not good, his bathing and washing are useless. The Muslims praise their own creed. 'Believe in the 'Pir' or you won't see God,' they say. But only a few act upon the words of the 'Pir'. Their actions will speak in God's court. Without good deeds, none will find the way. Very few speak the truth of all truths. Nanak, for them, there will be no tests."*

—Guru Nanak

*"Castes are folly, names are folly.  
All creatures have one shelter, that of God.  
If a man calls himself good,  
The truth shall be known O Nanak,  
When his actions are accounted for,  
Under the guru's instruction  
Regard all men as equal,  
Since God's light is contained in every heart."*

—Guru Nanak

## HONEST LIVING

Guru Nanak was a great traveler. He walked thousands of miles on foot. He spent about thirty years of his life travelling. He went to the East, the South, the North and the West. He went to Ceylon and Kashmir. His friends Bala and Mardana were also with him. They travelled for a pretty long time. They would stay for the night at some village and start next morning. Guru Nanak and his friends would sing hymns and the people of the village would come to hear them.

One day Guru Nanak reached Eminabad. There lived a poor carpenter. His name was Lalo. The Guru stayed with Lalo who served him with loving care. Guru Nanak enjoyed the simple food of Bhai Lalo very much. He stayed there for some days. There was also a very rich man, Malik Bhago in that village. He wanted to make a show of his money. He gave a big feast. He invited many people to this feast. Guru Nanak was also invited. But Nanak would not go. Malik Bhago came to the Guru and said, "Why don't you come to my rich feast, O Nanak? Am I no better than a poor carpenter?"

"No, Malik Bhago. I see no difference between man and man. I like simple food so I stayed with Bhai Lalo. If you must take me along, I am ready to go," replied Nanak.

So Guru Nanak went to the feast. He took with him some simple food from Bhai Lalo's house. When the rich food was served to all, Guru Nanak also sat down among the people. Before anybody started eating, Guru Nanak stood up. He held in one hand the simple food which he had brought from the poor man's house. In the other hand he took the rich food from the feast. All the people looked at him in surprise. He squeezed the two foods. From the poor man's food came drops of milk and from the rich man's food fell drops of blood. All the people were surprised.

Malik Bhago was very angry. He felt small. He asked Guru

## ***Squeezing the Food***



***“Work hard and share with others Nanak,  
You shall see God this way.”***

***—Guru Nanak***



Nanak why he had done this magic. Guru Nanak said, "This is not magic, this is the truth. A poor man's food is clean. He works hard for it. That is why milk runs out from it. Your food is not clean. You do not get it by honest work. You are unkind to the people who work for you. You squeeze their blood. That is why blood has come out of your rich food."

Malik Bhago could say nothing. He bowed before the Guru and promised to be kind to the workers and to work honestly with his own hands.

*"The Lord knows our needs and gives,  
Few there are that praise His blessings,  
He who thanks the Lord and in His will lives,  
O Nanak, is the King of kings."*

—Guru Nanak

*"If it pleases the Lord in holy water I would bathe.  
If it pleases Him not worthless is that pilgrimage.  
In the whole world of ours None without actions,  
sees the Lord."*

—Guru Nanak

*"Cruelty, false love, greed and anger are four  
streams of fire.  
They who fall into them are burnt, O Nanak.  
Only those are saved who cling to His feet."*

—Guru Nanak

## A JOURNEY TO MECCA

Guru Nanak now set out to Mecca in Arabia. Mecca is the holy place of the Muslims. The Guru travelled to Surat, a small seaport near Bombay. From there, Guru Nanak and Mardana went to Arabia in a ship. After a few weeks they reached Mecca. There is a very big Mosque in Mecca. Guru Nanak and Mardana were very tired after long travels. They went to the mosque and lay down to take rest. Guru Nanak's feet were towards the Kaaba in the mosque. The Kaaba is a room in the middle of the mosque and is called, 'the house of God (Allah).'

A man named Rukandin was the priest of the Kaaba. He came out and saw Guru Nanak's feet towards the Kaaba. He was very angry. He at once shouted, "Don't you know this is the house of God, you fool? Why are you lying with your feet towards the Kaaba?"

Guru Nanak woke up. He said, "O sir, I'm sorry I didn't know it. I was tired so I just lay down and fell asleep. Could you turn my legs to the side in which there's no God?"

Rukandin at once caught hold of his legs and dragged them to the other side. He saw that the Kaaba still stood before Guru Nanak's feet. Then he gave another pull but to his great surprise, he saw the Kaaba again towards the Guru's feet. He was so upset



that he could not speak. Guru Nanak said, "Rukandin, God does not live in one place. He lives everywhere." Saying this, Guru Nanak and Mardana started singing hymns. A crowd of people gathered around them. They called Guru Nanak, 'Baba Nanak'. 'Baba' means an old and wise man.

After a few days they went to Medina and Baghdad. At Baghdad a Muslim saint Behlol met the Guru. They had a long talk and became friends. Behlol asked Baba Nanak, "What is your idea of God?"

Guru Nanak replied, "There is one God. He is True. He makes everything. He is not afraid of anyone. He is not born. He never dies. He is self-made. We need only think of Him and pray to Him."

Behlol liked the Guru's teaching very much. He travelled a lot and told the people about this idea of Guru. After some time Guru Nanak and Mardana came back to the Punjab.

### A Map of the Guru's Journey to Mecca



Guru Nanak's Journey to Mecca  
Covered about 5500 miles 1517-1522 A.D.



## A NEW WAY OF TEACHING

Once Guru Nanak went to Hardwar. Hardwar is town in India. It is on the bank of river Ganges and is a sacred place for Hindus. There was a big fair. Many people were bathing in the river. They were splashing water towards the rising Sun. They thought that their forefathers lived on the Sun.

Guru Nanak went into the river too. He began to splash water to the other side. This was something strange for the people. They gathered round him and thought that he was a fool. The people laughed at him and asked, "Are you mad? Why are you splashing water towards the West when all the other people are throwing it towards the East?"

The Guru did not listen to them. He went on splashing the water.

An old man came to the Guru angrily. He held the Guru by the arm and said, "Don't you know which side the water is to be thrown?"



The Guru smiled and asked, "May I know why all these people are throwing the water to that side?"

"Well, they are sending the water to their forefathers on the Sun. So they are throwing the water towards the East," said the old man, "Only you are foolish enough to throw water towards the West."

"Do you know how far away their forefathers live?" asked the Guru.

"Millions of miles away on the Sun," was the old man's reply.


"Well," said the Guru, "My farm is at Kartarpur in the West. It did not rain this year and my crops are thirsty. I am sending the water to my crops." Saying this, the Guru began to throw water again.

The people laughed at him and said, "Your farm is in the Punjab. How can this water reach there?"

"If my water cannot travel three hundred miles from here and reach my farm," said the Guru in surprise, "How can your water reach millions of miles to the Sun?"

The old man could not find any answer. Some of the people agreed with the Guru and they said, "He is right. It is really useless to throw water to the Sun if it cannot reach there."

The people came to understand their ignorance. They stopped throwing the water and listened to Guru Nanak. The Guru taught them the true way of life. He told them to serve living people and not think of the dead who have left us forever.



## TEACHINGS OF GURU NANAK

*There is only one God. Worship and pray to  
The one God and to none other.*

*Remember God, work hard and help others.*

*God is pleased with honest work and true living.*

*There is no rich, no poor, no black and no white, before God.*

*It is your actions that make you good or bad.*

*Men and Women are all equal before God.*

*Love everyone and pray for the good of all.*

*Be kind to people, animals and birds.*

*Fear not, Frighten not.*

*Always speak the truth.*

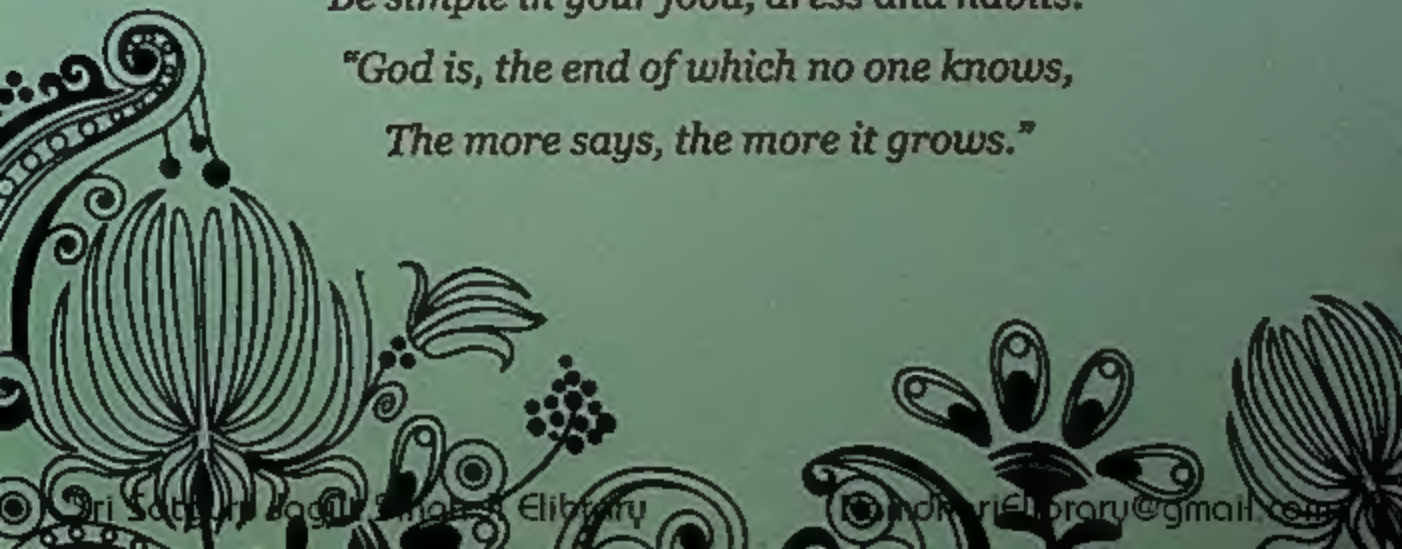
*"O Nanak, this need we know alone*

*That God and Truth are two in one."*

*Be simple in your food, dress and habits.*

*"God is, the end of which no one knows,*

*The more says, the more it grows."*





and dry clothes and they reached their village. That day, after the evening prayers, he made Lehna the Guru. He named him ANGAD (Myself). He himself bowed before Angad and asked everybody to do the same. Late that night Guru Nanak departed to heavenly abode. Angad was now the second Guru of the Sikhs.



## List of Sikh Missionary Society's Publications

*(All those books except those marked\* are free for distribution to individuals)*

1. Introduction to Sikhism
2. Guru Nanak (for Children)
3. The Guru's Way (for Children)
4. In the Guru's Footsteps (for Children)
5. Guru Arjan: Apostle of Peace
6. The Sikh Symbols
7. The Sikh Bangle (Unavailable)
8. A Spur to the Sikh Youth
9. Why I am a Sikh (Unavailable)
10. Rehni Rahe Soi Sikh Mera (Panjabi) – Unavailable
11. The Gurudwara (The Sikh Temple)
12. The Saint-Soldier
13. Punjabi Teacher through English Medium (Unavailable)
14. Glimpses of Sikhism
15. The Sikh Marriage Ceremony
16. Defender of Religious Freedom: Guru Teg Bahadur  
(The Supreme Sacrifice of Guru Teg Bahadur)
17. The Sikh Women
18. The Turban and the Sword of the Sikhs
19. The Teachings of Guru Amardas
20. The Sikhs and their way of Life\*
21. Sacha Guru (Panjabi) – Unavailable
22. Panjabi for Beginners through English\*
23. 'A' Level Panjabi\*
24. The Turban Victory
25. Varan Bhai Gurdas\*
26. The Sikh Ideology\*
27. Sada Gurbani Kirtan
28. Panjabi and Sikh Studies (GCSE Level)\*
29. Vasakhi
30. Introduction to Guru Granth Sahib
31. Sikh Religion and Hinduism
32. Sikh Religion and Hair
33. Dasam Granth: Verman te Vichar (Panjabi)
34. Hum Hindu Nahi (Panjabi)
35. Bharat De Pachhare Vargo  
Sri Satguru Jajjit Singh Ji Maharaj
36. Guru Tegh Bahadur (The True Story)\*





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